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## 工大情報科学部男子学生の基礎体力とその因子構造に関する研究(その1)

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### Study of Physical Fitness of Freshmen in the Faculty of Information Science and the Factorial Component of Physical Fitness (No. 1).

by

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#### Abstract

We measured 17 physical fitness items of 333 freshmen in the Faculty of Information Science and picked out 160 freshmen's data at random. We examined their physical fitness and physical characteristics by comparing them to the male average 19 year olds. Using factor analysis the factorial components were investigated. The obtained results were as follows.

1. Compared with the male average 19 year olds, the significantly lower items were reaction time,  $\dot{V}O_2$ max, trunk extension, vertical jump and handgrip force. The significantly higher items were skinfold (back) and blood pressure. (Table. 1). These results suggested that endurance training and resistance training would be necessary for the students.
2. Significant correlation ( $P<0.001$ ) between measurement items are shown in Tables 2 and 3.
3. As results of factorial analysis, 7 factors were chosen and are shown in Table 5.